

**INFORMATION FOR PATIENTS ABOUT
MULTIPLE ANTIBIOTIC RESISTANT
GRAM NEGATIVE BACTERIA**

If you require this information in an alternative language or format (such as large print), please ask your nursing staff to arrange this or contact the Infection Prevention and Control Nurses on the number provided on the back page of this leaflet.

What are Multiple Antibiotic Resistant Gram Negative Germs?

These are some species of bacteria which have developed the ability to be resistant to many commonly used antibiotics. Not only are they antibiotic resistant, but they can also pass on this resistance to other species of bacteria.

The species that most commonly develop this ability include:

Escherichia Coli, *Klebsiella*, *Proteus*, *Pseudomonas*, *Enterobacter* and *Acinetobacter* species (sometimes grouped together to be classed Gram-negative bacilli (GNB).

It is important to remember that Multiple Antibiotic Resistant Gram Negative Germs pose no problems for those of us who are fit and well, but can be a risk to patients who are vulnerable to infection.

Where can these germs be found?

These germs can commonly be found in our gut where they form part of our “healthy” bacteria. They can also be found on healthcare workers’ hands, on equipment, in the environment, in water and in soil.

How are these germs passed on?

They can be passed to others or to the environment on our hands.

A multiple antibiotic resistant gram negative germ has been found. What next?

A multiple antibiotic resistant gram negative germ has been found on your body as a result of a specimen being tested in the microbiology laboratory. **You may not have any symptoms and often they do not require any treatment.** However, we do not want these germs spreading to others for whom such germs may cause infections. The Infection Prevention and Control Team will advise staff on specific precautions to be taken. These may include:

- Being nursed in a single room or isolated in a bay on the ward.
- Commode/or toilet facilities for your use only.
- The promotion of scrupulous hand hygiene by you, your visitors and all healthcare workers.
- The presence of a multiple antibiotic resistant gram negative germ should not affect treatment of your original condition. Any tests or treatments you require will still be carried out if they are required.
- Staff caring for you will wear a plastic apron and gloves when providing direct hands-on care. They will wash their hands or apply alcohol hand gel before leaving the room. It is not necessary for staff

who come into your room for a short while or to hand you your meals to wear gloves and aprons.

- Your room will be cleaned every day. Domestic staff will wear aprons and gloves when they carry out their duties.

How is a multiple antibiotic resistant gram negative germ treated?

Often such germs are found in faeces or urine specimens and require no treatment at all. Only if your doctor thinks you have an infection will antibiotics be prescribed.

Can I do anything to help clear the germ?

- Hand hygiene is the most important way of preventing these germs spreading. Wash your hands with soap and water after visiting the toilet, before meals, and if they feel or look visibly dirty. If you are unable to manage this yourself, please ask the nursing staff to help you. Your clothing, towels and face cloths may be laundered at home. They should be washed separately in the washing machine on the hottest wash the clothes will withstand.
- It is important your room is kept clean and tidy. Any spillages must be dealt with by the nurses straight away. The domestic staff will clean your room daily. If you do not think your room has been cleaned adequately, please tell a nurse so that this can be rectified.
- As well as washing your hands, you can also help by reminding **everyone** who enters your room to wash their hands or use the alcohol gel before leaving the room.

How will I know when the germ has gone?

Since most people do not know they have a multiple antibiotic resistant gram negative germ in the first place, it is difficult to say for sure when they no longer have it.

If you go to other hospitals as an in-patient or out-patient in the future, you should tell them you have had a multiple antibiotic resistant gram negative germ in the past.

Are my visitors at risk from these germs?

Visiting may continue as normal. These germs do not usually cause a problem to anyone unless they themselves are ill. However, your visitors should consider the following points:

- If they are visiting other hospital patients, your visit should be the last of the day.

- Before entering and on leaving your room, your visitors should wash and dry their hands or apply alcohol hand gel.
- If they have any cuts they should be covered with a waterproof dressing before visiting you.
- They do not need to wear gloves or an apron unless they are going to help the nurses care for you; such as helping with your washing and dressing or bed making.
- If you are concerned you may have visitors at risk, please speak to a nurse or ask to speak to an Infection Prevention and Control Nurse.

What will happen when I go home?

The presence of these germs should not stop you from going home.

- Follow up specimens are rarely necessary.
- You should not need treatment for these germs at home.

What happens if I am admitted to hospital again in the future?

You may be placed in a single room and samples taken to see if you are still carrying the multiple antibiotic resistant germ.

Why are these germs a problem in hospitals?

In hospital there are many patients who are seriously ill, and therefore too weak to fight off germs/infections.

Should close physical contact be avoided?

No, these germs should not be a problem to healthy people.

If after reading this leaflet you are still unsure about multiple antibiotic resistant germs and what they mean to you, please ask the nursing staff who will either answer your questions or ask an Infection Prevention and Control Nurse to talk to you.

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